

Diet and lifestyle



At a glance factsheet: Lifestyle discussions for people with type 2 diabetes: An overview

Brief tools to facilitate discussions on nutrition, exercise, stress, risky substances, sleep and relationships

[Link](#)



At a glance factsheet: Lifestyle discussions: Physical activity and type 2 diabetes

Practical information on recommending physical activity safely in type 2 diabetes

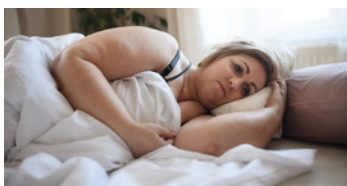
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At a glance factsheet: Lifestyle discussions: Sleep and type 2 diabetes

Understanding common sleep problems and their consequences, and providing advice in primary care

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At a glance factsheet: Lifestyle discussions: Stress and type 2 diabetes

The causes and effects of stress in people with type 2 diabetes, and what healthcare professionals can do to help

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How to improve carbohydrate awareness

All the background information and practical tips needed to discuss carbohydrates with patients

[Link](#)



How to recommend physical activity to people with diabetes safely

Recommendations for safe walking for people with type 2 diabetes

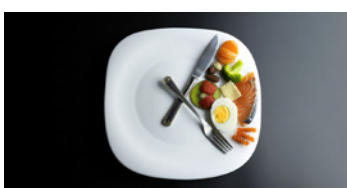
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How to help people with diabetes stop smoking

A structured approach to helping people quit

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At a glance factsheet: Intermittent fasting for the management of weight and diabetes

The definitions, benefits and risks of intermittent fasting, plus tips for supporting people who wish to adopt these methods

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**At a glance factsheet:
Diabetes and oral health**

Key information, advice and resources on the overlooked relationship between type 2 diabetes and gum disease

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**How to manage diabetes
during Ramadan**

What to discuss with a person with diabetes who is considering fasting

[Link](#)

Pharmacotherapy



**How to use SGLT2 inhibitors
safely and effectively**

Using sodium–glucose cotransporter 2 inhibitors safely, effectively and in line with the latest NICE guidance

[Link](#)



**Need to know guide:
SGLT2 inhibitor indications,
doses and licences in adults**

A printable guide to SGLT2 inhibitors, organised by drug and by indication

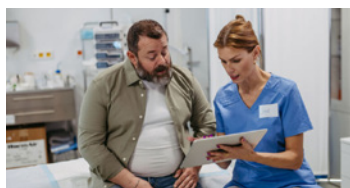
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**How to use GLP-1 receptor agonist
therapy safely and effectively**

The latest guidance and practical tips on the safe use of glucagon-like peptide-1 receptor agonists

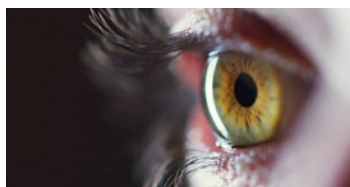
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**At a glance factsheet: Tirzepatide
for management of type 2 diabetes**

Indications, benefits and side effects of tirzepatide, plus tips for prescribing

[Link](#)



**At a glance factsheet: GLP-1
receptor agonists and
diabetic retinopathy**

The evidence regarding diabetic retinopathy in users of GLP-1 receptor agonists, plus recommendations on safe use

[Link](#)



**Prescribing pearls:
A guide to metformin**

Understanding metformin: The essential information in one place

[Link](#)



Prescribing pearls: A guide to sulfonylureas

Understanding sulfonylureas:
The essential information in one place

[Link](#)



Prescribing pearls: A guide to DPP-4 inhibitors (gliptins)

Understanding DPP-4 inhibitors:
The essential information in one place

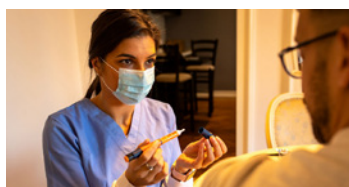
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Prescribing pearls: A guide to pioglitazone

Understanding pioglitazone:
The essential information in one place

[Link](#)



How to minimise insulin errors

The steps that should be taken to reduce the risks involved in the prescribing, preparation and administration of insulin

[Link](#)



How to support best practice injection technique

Essential information to ensure a user's insulin therapy is safe and effective

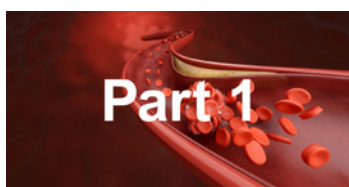
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How to calculate the amount of insulin to prescribe per month

Reducing waste whilst ensuring patients have enough to last

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Q&A: Lipid management – Part 1: Measuring lipids and lipid targets

Questions answered on lipid monitoring, triglycerides, familial hypercholesterolaemia and more

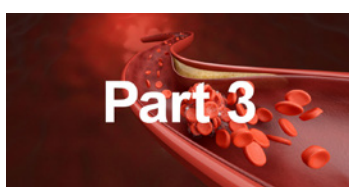
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Q&A: Lipid management – Part 2: Use of statins

Questions answered on statin prescribing and monitoring

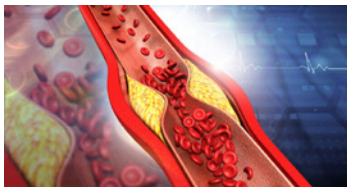
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Q&A: Lipid management – Part 3: Triglycerides and use of non-statin drugs

Questions answered on triglycerides and non-statin drugs

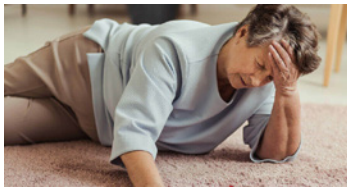
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At a glance factsheet: Newer lipid-lowering therapies in type 2 diabetes

The newer lipid-lowering therapies available, their different modes of action and their place in treatment

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How to prevent, identify and manage hypoglycaemia in adults with diabetes

Essential information on hypoglycaemia, how to prevent it and how to treat it if it occurs

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At a glance factsheet: Impaired hypoglycaemia awareness

Key details of impaired hypoglycaemia awareness and its implications, plus advice on diagnosing and managing it

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At a glance factsheet: Deprescribing in type 2 diabetes

When and how to deprescribe non-insulin glucose-lowering therapies in a safe and patient-centred manner

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Diagnosis



How to correctly diagnose and classify diabetes

Guidance on making the correct diabetes diagnosis in primary care

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How to help people come to terms with a diabetes diagnosis

Modelling diagnosis conversations, understanding emotional responses and providing ongoing support

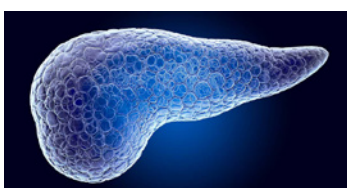
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How to diagnose and manage steroid-induced diabetes and hyperglycaemia

Key information on the identification and management of this common consequence of steroid use

[Link](#)



At a glance factsheet: Recognition and management of pancreatogenic (type 3c) diabetes

Essential information on recognising this often misdiagnosed type of diabetes and its management in primary care

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Devices and technology



How to initiate and support continuous glucose monitoring

An overview of CGM, both real-time and intermittently scanned, for healthcare professionals working within primary care

[Link](#)



At a glance factsheet: Hybrid closed-loop therapy

What are HCL systems and what do we need to know about them in primary care?

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Cardiovascular disease



How to diagnose and treat hypertension in adults with type 2 diabetes

Diagnosing and treating hypertension in accordance with updated NICE guidelines

[Link](#)



Need to know: Making sense of blood pressure readings in people with diabetes

A printable guide to blood pressure classification and targets in diabetes

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At a glance factsheet: Stroke and the person with diabetes

Essential information for primary care on improving stroke outcomes in people with diabetes

[Link](#)



How to identify and manage atrial fibrillation

Essential information on screening, diagnosis and anticoagulation to reduce stroke risk

[Link](#)



Need to know: Dosing for direct-acting oral anticoagulants in non-valvular atrial fibrillation

A printable guide to the considerations of prescribing a DOAC drug in atrial fibrillation

[Link](#)

Mental health



How to find the ideal words in consultations

Guidance on using the right language for effective, person-centred care

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How to manage hyperglycaemia in people with severe mental illness

An overview of the information needed to screen, monitor and manage hyperglycaemia in those with severe mental illness

[Link](#)



At a glance factsheet: Mental health and diabetes

At-a-glance information on mental health problems in people with diabetes, including recognising them and their correlation with physical health

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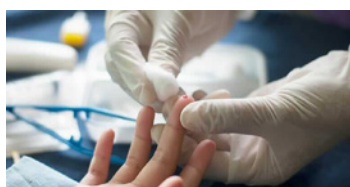
Complications and comorbidities



How to advise on sick day rules

Essential information for managing a person with diabetes during intercurrent illness

[Link](#)



How to manage high HbA_{1c} in people with type 2 diabetes

A practical approach to providing efficient and effective support for people with high HbA_{1c}

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How to assess fitness to drive

Medical and legal requirements based on the March 2021 update of the DVLA's *Assessing Fitness to Drive* guidance

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At a glance factsheet: Diabetic retinopathy

Risk factors for diabetic retinopathy, its pathophysiology and national screening programme, and essential guidance on management

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How to assess feet to prevent foot ulceration in people with diabetes

A step-by-step guide to improving foot care for people with diabetes

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**At a glance factsheet:
Diabetes-related sensory
peripheral neuropathy**

The basics of diabetic neuropathy, including pathophysiology, screening and pain management

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**Need to know guide:
Pharmacological treatment
of painful neuropathy in
adults with diabetes**

A printable guide with prescribing guidance on analgesic drugs for painful diabetic neuropathy

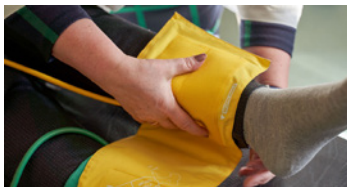
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**At a glance factsheet: Diabetic
Charcot arthropathy**

Essential information for recognising and managing this potentially disabling condition

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**At a glance factsheet:
Peripheral arterial disease**

Diagnosis and management of PAD: The essentials for primary care

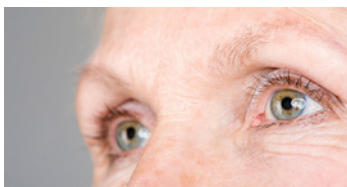
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**How to prepare people with
diabetes for surgery**

Considerations for people with or at high risk of diabetes undergoing surgery, including which information to include when referring

[Link](#)



**How to manage diabetes
in later life**

Clinical considerations when caring for older or frail people with diabetes

[Link](#)



**How to conduct an extended
review for people with
early-onset type 2 diabetes**

A checklist of areas to cover in an extended review of type 2 diabetes in adults aged under 40 years

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**At a glance factsheet: Diabetes
before, during and after pregnancy**

Essential information on reducing adverse outcomes in pregnancies complicated by diabetes

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**How to follow up
gestational diabetes**

The crucial steps to screen for and prevent future diabetes, and cardiovascular disease, in women who develop gestational diabetes

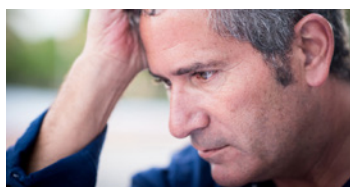
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**At a glance factsheet:
Ketones and diabetes**

Key information, advice and resources on reducing the risk of elevated ketone levels in people with diabetes

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How to diagnose and manage erectile dysfunction in men with diabetes

Diagnosing and managing this complication that affects over 50% of men with diabetes

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How to diagnose and manage testosterone deficiency in adult men

While diagnosing and managing testosterone deficiency can be challenging, it is both feasible and rewarding in primary care

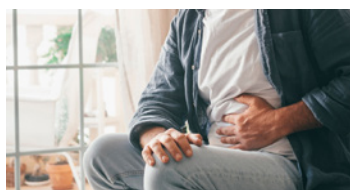
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At a glance factsheet: Polycystic ovary syndrome (PCOS)

When to suspect, how to diagnose and key messages on management

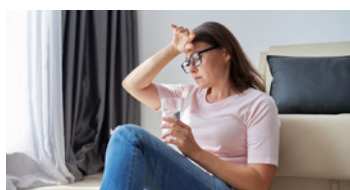
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**At a glance factsheet:
Diabetic gastroparesis**

What causes gastroparesis and what is primary care's role in managing it?

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**At a glance factsheet:
Diabetes and menopause**

The relationship between menopause and type 2 diabetes, and recommendations on optimising HRT in women with diabetes

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